## Axecutive Froclamation State of South Dakota

Office Of The Governor

WHEREAS, Jogging is a sport of ever increasing popularity among South Dakota citizens and in the Nation, providing an opportunity for physical activity regardless of age, sex, or level of physical fitness; and,

WHEREAS, Medical authorities recognize that a regular jogging program by physically able persons contributes to good health by improving circulatory and respiratory efficiency; serves as a supplement to a weight reducing or weight control program; provides a release from tensions and a hectic pace of life; serves as a preventive measure to illness, helping to stimulate a sense of physical and mental well being; and,

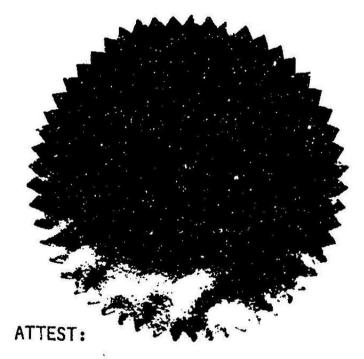
WHEREAS, South Dakota members of the National Jogging Association are cooperating with members from other states to promote interest in jogging and recognize all joggers in the state; and,

WHEREAS, South Dakotans of all ages are urged to try healthful jogging as a fun and economical way to gain personal physical fitness and obtain the benefits of a physically active way of life:

NOW, THEREFORE, I, WILLIAM J. JANKLOW, Governor of the State of South Dakota, do hereby proclaim October 11, 1980, as

JOGGING DAY

in South Dakota.



IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of South Dakota, in Pierre, the Capital City, this Twenty-first Day of July, in the Year of Our Lord, Nineteen Hundred and Eighty

WILLIAM J. JANKLOW, GOVERNOR

ALICE KUNDERT, SECRETARY OF STATE

AUTHULICITY